

# Carolina Country

September 1978





# Special Announcement

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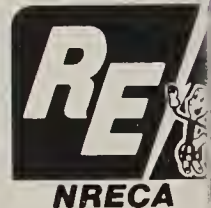
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# A Quarter Century Of Commitment

## Elusive Power Supply Goal Now In Sight

More than a quarter century has passed since the leaders of North Carolina's Electric Membership Corporations made a commitment to develop their own sources of electric power supply in the interest of lessening their dependence on the investor-owned power companies and significantly reducing power costs.

In that period, the cooperatives have used varied strategies in seeking to acquire generation and transmission facilities of their own, but the goal has proven elusive. This has been due in part to the opposition of special interests.

Although there are signs of significant progress, the state's 28 EMCs continue to purchase the bulk of their energy requirements from the private power companies at wholesale rates for re-sale to their consumer-members — just as they did when that initial commitment was made in the early 1950s.

Those first efforts envisioned the co-ops building their own plants and transmission lines — but in that era of relatively cheap electricity the projected savings from the proposed facilities were not substantial enough to satisfy the EMCs' banker, the Rural Electrification Administration.

Many years later, the strategy shifted and plans evolved for the co-ops and 45 of the state's municipal electric systems to jointly build five generating plants and a statewide transmission system to serve all the participating systems.

This plan, incorporated in 1970 as Electric Power in Carolina (EPIC), was developed after extensive feasibility studies indicated it could save the

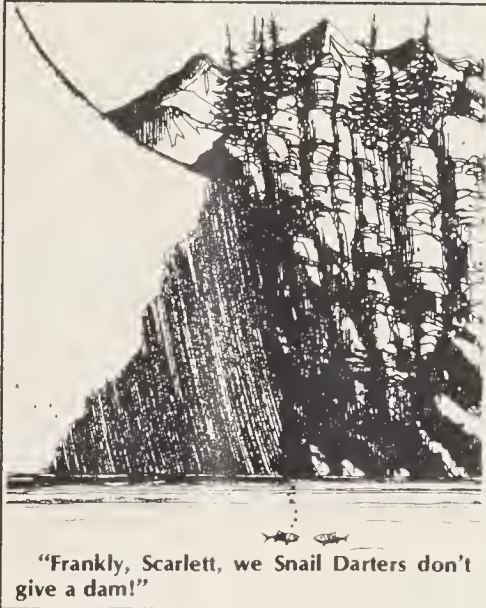
cities and co-ops more than \$2 million in its first 12 years of operation.

EPIC was scuttled in 1974 as a result of legal technicalities and an adverse court ruling.

Using a new strategy, the EMCs approached officials of the private power companies about acquiring a portion of existing or planned generating facilities.

### Editorial

As a result, they were soon being represented in negotiations on two fronts for just such buy-in proposals. N.C. EMC, the statewide organization that represents all the EMCs in power supply matters, began talks in late 1975 with Duke Power Co. concerning the company's offer to sell the co-ops one unit of the 23,000-megawatt Catawba Nuclear Station that's under construction in York County, S.C.



Conrad/Los Angeles Times

"Frankly, Scarlett, we Snail Darters don't give a dam!"

These discussions have continued, off and on, since then — and N.C. EMC officials believe there is still hope that they can eventually strike an economically feasible deal with Duke on the purchase arrangements.

Meanwhile, the officials have also been engaged in similar negotiations with Virginia Electric and Power Co. in conjunction with Virginia co-ops. They're discussing a proposal for the Tar Heel EMCs to buy a share of six nuclear power generating units over the next seven years at a cost of \$51 million. The Virginia co-ops would acquire a proportionate share of the same plants, under the current proposal.

The negotiations with VEPCO have progressed to the point that all of the parties involved signed a 50-page agreement in April spelling out the general terms for the buy-in plan. Since then, co-op officials have stepped up their efforts to iron out the final details of the plan and get them before the various state and federal agencies that must approve the joint venture.

At best, this is a frustrating, time-consuming process that could take many months to complete. But the goal is, at last, in sight.

All of these efforts are being given a high priority by N.C. EMC officials, who have never lost sight of the goal that inspired the co-ops' original commitment in this area 25 years ago: to assure a start toward independence in power supply, to assure reliability of service to EMC consumers and to slow the rise in power costs, which will help to hold down spiraling electric bills for all EMC members in the years ahead. □

## Carolina Country

Read Monthly In More Than 270,000 Homes  
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North Carolina Association of Electric Cooperatives, Inc.

James M. Hubbard — Executive Vice President & General Manager

Owen Bishop — Editor

Kemp Ward — Associate Editor

June M. Brotherton — Staff Writer

Milly Alford — Editorial Assistant

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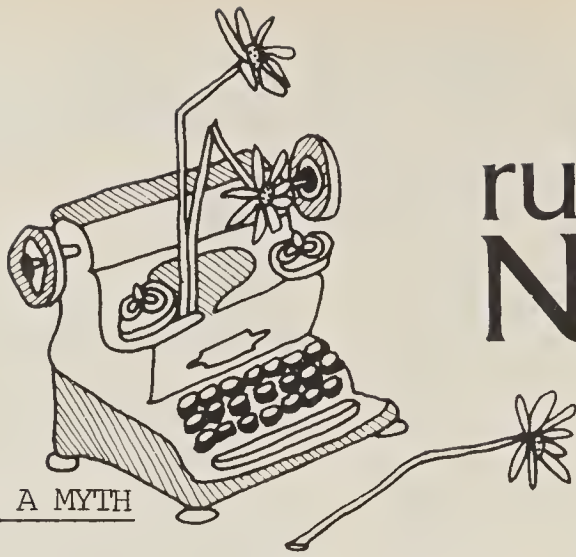
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**COVER**—Two "fair lassies" perform in the dance competition which is part of the annual Flora MacDonald Highland Games events near Red Springs. They are Deborah Tidwell of Dunwoody, Ga., left, and Giona Burgin of Summerville, S.C. Deborah claimed first place honors in two categories and finished second in a third during the 1977 Highland Games. This year's Games are scheduled for Oct. 7-8. See story, Pages 8-9, for full details. Color Games photos are by Jim Reed, member information director at Lumbee River EMC, Red Springs, who handles publicity for the event; and James McKellar of Red Springs, vice chairman of the program's planning committee.



# rural electric Notebook

## DESTROYING A MYTH

Big business and utility industries in particular are often portrayed as villains standing in the way of solar development. But it's all a myth since U.S. electric utilities are major supporters of such development. In 1977, investor-owned, municipal and cooperative utilities sponsored 458 solar energy projects, spending \$14 to \$17 million on them. And, the utility support for solar energy development is on the upswing, with 30 percent more activity in 1977 than in 1976.

## THE ENERGY "ESSENTIALS"

The nation's electric co-ops "are committed to conservation and the development of solar and other forms of energy," but also are convinced that coal and nuclear power will be essential for a long time to come. That's the view outlined for a Senate subcommittee recently by Morgan Dubrow, staff engineer for the National Rural Electric Cooperative Association.

"We have thoroughly analyzed the availability of all forms of energy," Dubrow said. "This has brought us to the stark realization that about 95 percent of our additional electric requirements for the remainder of this century must come from coal and nuclear power."

He warned against the "misconception that solar and other so-called appropriate technologies can be put in place quickly and economically and will soon make a major contribution to the nation's power needs." This belief, Dubrow noted, encourages public

"rebellion" against power plant and line construction, and could cause serious power shortages in the future.

## PRICE-ANDERSON UPHELD

The U.S. Supreme Court has ruled that Congress did not violate the constitutional rights of potential victims when it voted 20 years ago to limit the damages a private nuclear power company would have to pay in the event of a nuclear accident at one of its plants.

The decision reversed a decision by U.S. District Judge James B. McMillan of Charlotte, who ruled that the Price-Anderson Act, the law that limits liability for any single nuclear accident to \$560 million, was unconstitutional. The nuclear accident case was started by the Carolina Environmental Study Group and individuals who live near two nuclear plants being built by Duke Power Co. near Charlotte.

## CO-OP COUNCIL BREAKFAST

Dr. George Hyatt, who recently retired as director of the North Carolina Agricultural Extension Service, will be the guest speaker for the 1978 Cooperative Month Kick-Off Breakfast Oct. 2 in Raleigh's McKimmon Center. The event will bring together leaders from various cooperative enterprises and community leaders from other fields. It's sponsored by the Cooperative Council of North Carolina as part of the national observance of October as co-op month. For additional information on the breakfast, contact officials of local EMCs and other co-ops in your community.



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# Good News For EMCs

## Eighteen Co-ops To Get \$8 Million CP&L Refund

The 18 Electric Membership Corporations in North Carolina that purchase power through Carolina Power and Light Co. will get refunds this fall totaling more than \$8 million, because they were charged too much during parts of 1976 and 1977.

The refunds were ordered by the Federal Energy Regulatory Commission (FERC) which ruled in July that a 34.7 percent rate increase collected over a 20-month period from May 1, 1976 to Dec. 29, 1977 was too high. The commission allowed a portion of the increase, but told the company to pay back about one-third of what it collected during that period.

"We're very pleased," said James M. Hubbard, executive vice president and general manager of North Carolina EMC, which represents all of the state's EMCs in

power supply matters. "We fought hard to get this ruling. It's very good news for us."

N.C. EMC fought the rate hike, arguing that it was too severe. Hubbard said corporation officials are pleased that the commission agreed.

with CP&L which forced the co-ops to pay for electricity they did not use. The clause based each EMC's rate of payment on the amount of electricity used on the one day each year when its demand for power is at its highest — even though much less is used

The 18 North Carolina EMCs which will receive CP&L refunds as a result of the FERC ruling are: Brunswick, Shallotte; Carteret-Craven, Morehead City; Central, Sanford; Four County Burgaw; French Broad, Marshall; Halifax, Enfield; Harkers Island; Haywood, Waynesville; Jones-Onslow, Jacksonville; Lumbee River, Red Springs; Pee Dee, Wadesboro; Piedmont Hillsborough; Pitt and Greene, Farmville; Randolph, Asheboro; South River, Dunn; Tideland, Pantego; Tri-County, Goldsboro; and Wake, Wake Forest.

"This is the largest refund ever made by CP&L, and we feel it is completely justified," he said. "We also feel this ruling will help us fight the most recent rate hike by CP&L, which took effect last December."

FERC Hearings on that increase began in August. Hubbard said he is particularly pleased with a portion of the commission's decision striking down a bitterly disputed clause in the contracts

during virtually every other day of the year.

The ruling, although assuring refunds for the overpayments, will not mean an immediate reduction in rates to the cooperatives. The dispute over a December, 1977 increase must be settled first.

The refunds, although slated for delivery in the next few months may be held up if officials at CP&L appeal the ruling.

## VEPCO Rates Rising

### 19 Percent Increase Hits Six EMCs

Virginia Electric and Power Co. has petitioned the Federal Energy Regulatory Commission for authority to raise its bulk power charges to Virginia and North Carolina electric cooperatives by 20 percent.

The proposed new rates would increase the cost of power for the 19 co-ops affected by about \$18 million a year. Six of those co-ops are in North Carolina.

In addition, VEPCO also filed for a 19 percent — or \$10.7 million — annual increase in rates for municipal power systems.

Plans for slightly higher rate hikes were announced in May, when the power company began negotiating with its wholesale customers about the proposed new charges. The negotiations are continuing.

After the rate proposal was filed with FERC, the EMCs asked the

federal agency to suspend the new rates for five months. The usual procedure in such cases is for the new rates to be put into effect subject to later refund if the FERC fails to approve them as submitted.

VEPCO officials say inflation and the start-up costs for its North Anna nuclear plant have driven the firm to seek the rate increases.

For the 12 months ending June 30, the firm received a 5.8 percent rate of return from the co-ops and 6.1 percent from the cities. The new rate schedule would produce a 9.9 percent rate of return.

VEPCO's last bulk rate increase went into effect last November.

The six North Carolina EMCs affected by the rate request are Albemarle, Hertford; Cape Hatteras, Buxton; Edgecombe; Martin County, Tarboro; Halifax, Enfield; Roanoke, Rich Square and Tideland, Pantego.

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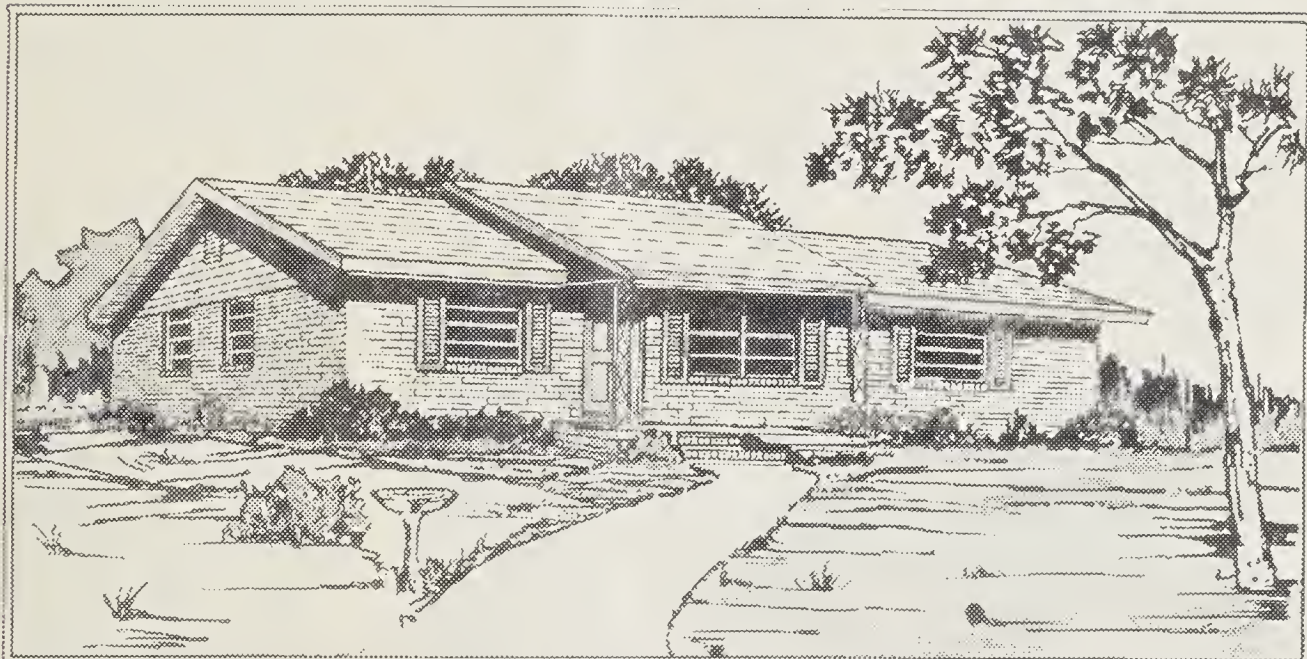


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How wide is your knowledge of things Scottish? For a quick test, what do the following words mean: (1) birk (2) brae (3) burn (4) lassie (5) firth (6) laddie (see answers in box, Page 9). If you answered at least four correctly, chances are there's a bit of Scottish "bluid" running through your veins. Otherwise, perhaps you need to perfect your knowledge of Scottish heritage.

Since North Carolina has roots in the fertile ground of the traditions of Scotland through its early settlers, this state is the perfect place to search the past to familiarize yourself with Scotland's rich customs. And, a good place to start your search might be the Flora MacDonald Highland Games, October 7-8, near the Shannon county community of Red Springs.

The Games include competitions in Highland piping, dancing and drumming; Highland athletic events; pipe band competition; re-enactments of Revolutionary War battles fought in the area and an arts and crafts fair. They were named for Flora MacDonald, a loyal Scotswoman who rallied Scotsmen in the Carolinas against



Text by June Brotherton

Carolina Country September 1978

## A Gatherin' of the Clans



the Patriots during the Revolutionary War.

This year marks the fifth year of Highland festivities at Shannon and will, for the first time, be the home of the Carolinas Pipe Band Championship. The event has been sanctioned by the Eastern United States Pipe Band Association.

According to B. T. Ammons, chairman of the Highland Games, support for this event has come from the Grassroots Arts program



of the N.C. Arts Council as well as local businesses and civic organizations, with much of the success of the event due to their assistance.

For those "laddies and lassies" eager to compete, a Highland dance competition is planned. Competitive dancing will be held in six areas:

- **Highland Fling**, a dance of happiness in quick tempo.
- **Sword Dance**, a warrior's dance.

- **Seann Triubhas**, a traditional dance that expresses the pride and freedom of the Highland dress.

- **Flora MacDonald's Fancy**, the most elegant of Scottish dances.

- **Sailor's Hornpipe**, depicting the chores of British navy life.

- **Irish Jig**, which portrays the life of a fisherman's wife.

In days gone by, a gathering of the clans was generally held in conjunction with Highland Games. At these gatherings, ties of kinship were strengthened and the Games served to single out the best men of the clans for leadership positions. And, even in today's Highland Games, the athletic events have changed little and still include:

- **Tossing the Caber**, where the competitors toss a 90-100 pound, 16-18 foot caber end-over-end for the straightest toss.

- **Tossing the Sheaf**, where contestants toss a 16-pound sheaf of hay wrapped in burlap over a horizontal bar raised until all but one contestant is eliminated.

- **Weight Toss and Hammer Throw**, in which contestants toss a 28-pound weight for distance and a 56-pound weight for height and distance.

- **Tug of War**, with two eight-man teams working against each other to pull the center mark of rope across the win line.

- **Putting the Stone**, an event where contestants throw a 16-pound stone for distance.

To commemorate Scottish involvement in the Revolutionary War, the battles of McPhaul's Mill and Raft Swamp are re-enacted by local men dressed in authentic uniforms of the period. These battles primarily involved Scots Loyalists, Tories and Patriots who lived in the Red Springs area.



The real excitement of the Flora MacDonald Highland Games, however, comes from the enjoyment of people with a common Scots heritage, or those interested in this part of North Carolina's past, getting together in the manner of the clans for two days of games and competition.

And, it's hard to imagine anything more stirring than the "skirl" of the bagpipes as the pipers play "Scotland the Brave." So whatever your roots, when it comes to the sound of a bagpipe, everyone becomes a little Scottish at heart. □

Answers: (1) birch tree (2) hillside (3) stream (4) young girl (5) an indentation of the seacoast (6) young boy.





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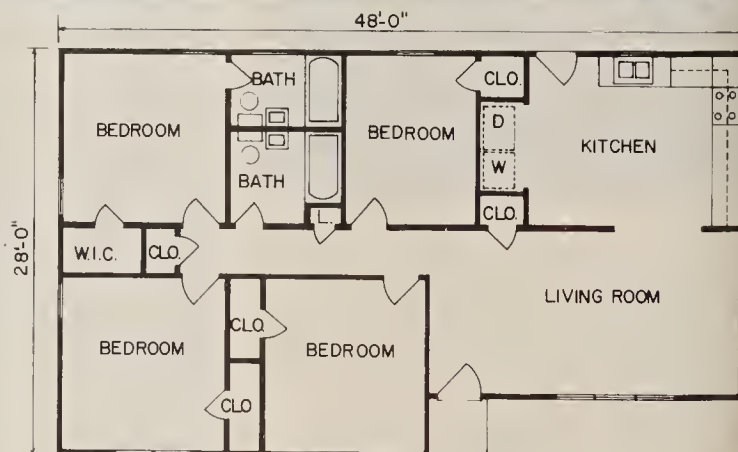


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# Loans Approved For EMC Expansion Projects

Three North Carolina Electric Membership Corporations have recently been awarded loans for expansion projects through the Rural Electrification Administration and the National Rural Utilities Cooperative Finance Corp. (CFC), a nationwide co-op lending institution which provides funds to supplement REA financing.

Altogether, the three projects involve loans totaling about \$10.1 million. They include:

- Plans by Davidson EMC, Lexington, to build 139 miles of distribution lines, three miles of transmission lines and three new substations. The expansion, which will add about 2,200 new consumers to the co-op's system, is being financed with a \$2.5 million REA loan and a \$764,000 CFC loan. The EMC now serves about 19,000 consumer-members in Rockingham, Stokes, Forsyth, Guilford, Davidson, Randolph, Davie and Montgomery counties.

- The addition of 141 miles of distribution lines to serve 4,560 new consumers for Brunswick EMC, Shallotte. The project is being financed with a \$3.1 million REA loan and a \$1.3 million CFC loan. It will also include various other system improvements, including an increase in voltage for 300 members and installing 420 security lights. The co-op now serves about 25,000 member-owners in Columbus, Brunswick, Bladen and Robeson counties.

## Co-op To Study Solar Water Heating

Lumbee River Electric Membership Corporation, Red Springs, is taking steps to see for itself just how much electric energy can be saved by using solar water heating in a typical home.

The EMC is sponsoring a two-year test, monitoring the electrical energy used for water heating in a home which is equipped with solar heating unit.

The volunteers are Mr. and Mrs. Lars F. England of Red Springs.

Their energy use will be monitored for two winters and two summers, with the results being analyzed at the end of each season, according to Lumbee River EMC officials.

- Extension of 59 miles of distribution lines to serve 962 new consumers for Tri-County EMC, Goldsboro. A \$1.8 million REA loan and a \$775,000 CFC loan will cover the cost of the project, which will also include adding a new substation. Tri-County now serves about 11,000 consumers in Wayne, Duplin, Lenoir, Johnston, Jones, Sampson and Wilson counties.

**David A. Ratley** of Rt. 4, Red Springs, has been named person of the year by the North Carolina Beekeepers Association.

**John P. Sykes**, Rocky Mount fire chief, has been named 1978 Fireman of the Year by the N.C. State Fireman's Association.

**Dr. B. J. Campbell**, director of the Highway Safety Research Center at UNC-CH, has been given the American Association of Automotive Medicine's Award of Merit for his contributions to automotive safety.

volunteer weather observer. He was one of seven nationwide winners of the service's Thomas Jefferson Awards, the highest honor for volunteer observers. Conger has been an observer since 1943, continuing weather records that had been kept by his family since 1896.

Three Goldsboro area men have been honored for conservation achievements by the Soil Conservation Society of America. **Joseph B. Lancaster** of Goldsboro, a soil conservation technician with the USDA Soil Conservation Service, received the SCSA international Commendation Award. **William B. Sullivan** of Mt. Olive received the international SCSA Honor Award. The North Carolina SCSA chapter, under the 1977 presidency of **Billy Jones** of Goldsboro, was recognized as the "outstanding chapter" in the Southeast. Lancaster had previously been honored as the state's "Outstanding Professional" in conservation and Sullivan was cited last January as the state's "Outstanding Layman" in conservation.



Hicks

The three Tar Heels were recognized at the SCSA's convention in Denver, where **Jesse L. Hicks** of Raleigh — who heads the SCS in North Carolina — was elected vice-president of the organization, which claims 15,000 members in the U.S., Canada and 80 foreign nations. Hicks will assume the office on Jan. 1, 1979.

## People

**Guy S. Parsons**, an extension dairy specialist at N.C. State University for the past 22 years, has been promoted to specialist-in-charge of dairy work for the N.C. Agricultural Extension Service. He succeeds **Marvin Senger**, who retired. Parsons was cited last year by the Southern Division of the American Dairy Science Association for helping dairy farmers improve cattle feeding and housing.

**J. H. Conger, Sr.** of Edenton has been honored by the National Weather Service for his work as a



# Electricity Blowing In The Wind



Despite some minor delays, officials of Blue Ridge EMC expect to be able to glance up at Howard's Knob in November and see the twin 100-foot blades of the world's largest wind-powered generator turning, producing electricity to serve hundreds of homes.

The 250-foot experimental wind turbine taking shape atop the mountain is slightly behind schedule but not enough to cause any concern. Construction is progressing smoothly without any major problems.

"Things have gone pretty well as expected," said Grant Ayers, Jr., director of engineering for the EMC.

The \$3.5 million project is being financed by the U.S. Dept. of Energy with technical help from the National Aeronautics and Space Administration. Federal energy officials hope it will show that windmills are a feasible source

of electrical energy, and that the wind can be used to supplement the use of fossil fuels in the production of power. The EMC will operate and maintain the giant generator in return for the electricity it produces. It will be tested upon completion by General Electric, the contractor for the project, and the two government agencies. When the testing is completed, it will be turned over to the co-op.

The 4,200-foot mountain just north of Boone was picked for the experiment because of high winds monitored in the area during a test period last year. Watauga County, which owns the land, agreed to give the EMC a lease on the six-acre tract needed for the project.

The generator is designed to produce 2,000 kilowatts in a wind of 24 miles-per-hour, enough to furnish electricity to more than 500 homes.



Officials at the EMC are ready to take over the facility when the time comes, although they aren't quite sure what to expect.

"It's a research project," Ayers said. "I really don't know what to expect. We're hoping everything is going to go well."

Once in operation, the windmill will be on its own with only two computers for company. One of the computers will monitor the experiment, and the other will be programmed to keep the electricity flowing.

The wind must be blowing at an 11 mph clip before the huge blades will begin to turn, but officials aren't concerned about that. They're more concerned about the wind blowing too hard. Although it will be fashioned to withstand winds of up to 150 mph, the windmill might be damaged by shifting high speed winds. As a result, it will be programmed to shut off when the wind reaches 35 mph, avoiding any "unusual stresses," Ayers said.

Power generated atop the mountain will be channeled into the lines serving the co-op's 34,500 customers.

Officials in the area expect the generator to attract a lot of attention and feel it might become something of a landmark in the western part of the state. Its location is such that it will be easily visible from downtown Boone and the surrounding area.

The blades for the 700,000-pound generator are being fashioned in Seattle by the Boeing Co., the aircraft corporation, and will be shipped to the mountain in October, ready for mounting on the 150-foot steel tower.

A scale model of the project is on display at the co-op's headquarters office in Lenoir.

The giant generator is being built as part of a federal study of the feasibility of using windmills for power on a large scale. Smaller wind-powered generators have already been built in New Mexico and Puerto Rico. Another is under construction in Rhode Island. A fifth, expected to be larger than the Boone generator, is on the drawing board. □

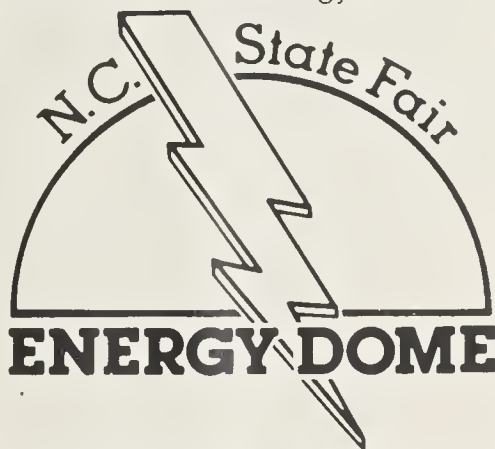
## Energy Dome Planned

### State Fair's Largest Exhibit Focuses On Energy Alternatives

The spotlight will be on energy in the biggest exhibit of the 1978 State Fair, Oct. 13-21.

The 10,000-square-foot geodesic dome, which last year housed the highly successful "Leaves of Gold," will be turned this year into the "Energy Dome." Another 12,000 square feet of space outside the dome will have solar and commercial exhibits.

Designer David Cameron promises that the Energy Dome "will hit on everything." He added, "I want visitors to be able to say, 'Hey, I can use that idea at my house'. On the other hand, I want to show them some of the new energy alternatives that are at the forefront of technology."



An attraction of the Energy Dome is bound to be the cut-away model of a two-story, energy efficient house. Visitors will be able to walk through the house and observe construction details and energy-saving devices, including a special fireplace.

Another feature of the dome, which could have practical application for many visitors, will be the exhibit on wood stoves.

On display will be wind generators and solar panels, including the new photovoltaic solar cells being developed by the Research Triangle Institute. A flywheel car, a model of a wood-fired boiler and a methane gas

generator will be packed into the dome.

A highlight of the Energy Dome will be the model forest, which will come equipped with rain, ponds and a cascading stream. Located on the stream will be a small hydroelectric generator and a ram, a water-pumping device which was in popular use before electricity reached rural areas.

A special series of reusable exhibits will include a map of North Carolina's present energy resources, including nuclear power and other alternatives for the future. A home-of-tomorrow scaled to the ecosystem will be part of this series.

A strong conservation theme will run through the entire Energy Dome, according to Cameron. A model oil recycling plant and information on the recycling of paper and aluminum will be presented. Two energy-related telephone "hotlines" and free brochures will also await visitors.

The overall approach to the exhibit is "wholistic," meaning that visitors will be able to view energy from the conceptual level to the point of practical application, Cameron pointed out.

The Energy Dome is being sponsored by the Task Force on Energy of the State Rural Development Committee, the Energy Division of the N.C. Department of Commerce and the N.C. Agricultural Extension Graphic Design.

Chairman of the project is Al Brothers, who is in charge of graphic design. Designer Cameron is a member of the graphic design staff.

"Leaves of Gold," which Graphic Design produced last year for the State Fair, drew 100,000 people and won the Governor's Award for excellence.



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# "Bring On The Crisis"

Reprinted from Wisconsin R.E.C. News

A year ago last April, a Wisconsin legislator spoofed our feeble efforts to meet the energy crisis. With a straight face that you could almost hear, Rep. Tom Loftus told state radio listeners that the way to get at the problem was to pass a bill "designed to get us to the critical point in the energy crisis in a hurry."

He was interviewed by John Powell, and talked about a bill "whose time has come." The object of it would be "to get people to use as much energy as possible in the most obvious ways, so we get down to that critical point where we really start making some tough decisions."

The bill would provide tax incentives for people who drive their cars to work. Loftus said he favored an amendment "that if someone would drive a big car and tow a U-Haul trailer full of lead, that would get them a lower license fee."

He said another thing we should do is encourage people to move out of the state and commute to their jobs by energy-inefficient methods.

He said every canoe should be required to have an outboard motor. "Little things like this," he said, would get the available supply down to where we could really start making some hard choices.

Powell asked him how long it would take, and Loftus guessed it wouldn't be more than about three or four years "before we can run our energy supply down to where we are totally dependent on the Arabs and to the point where the decision is whether we are going to push down the rocky mountains and make fuel out of them."

The interview was presented as a joke, but there was some hard truth in it, some accurate perception of the way this country works. Or doesn't work. It doesn't work until it has to. Tough decisions are postponed to the last minute even though the need is obvious and the probable consequences of delay are clearly understood.

We have blind faith in our ability to react at the last minute with enough speed to avert disaster. The good old adrenalin juices will flow and we will take the big leap. Just like after Pearl Harbor, right?

Following that instinct, we might get (and without even smiling) to the point of thinking about a law designed to speed us on our way to the brink. It is not unthinkable.

On the other hand, how about a law designed merely to make it difficult to react to an energy crisis? How about a law forbidding power suppliers from building generating plants until at least ten years after we run out of power? Try that one with a straight face. It would be completely contradictory to the American tradition of can do.



But do you know what? We've already got it. Not just one, but many laws. Laws designed to (or used in such a way as to) make it difficult or impossible for a power supplier to supply power.

Most of them were passed with the best of motives — protect the environment. But too often, it seems to me, these laws are used to protect things as they are. The habitat of the snail darter, for example.

Things as they are are not necessarily better than things as they might be. Life with the snail darter is not necessarily better than life without electricity.

It might come to that.

As I have said before, environmental protection laws were passed in reaction to the days when factories and power plants were built with little or no attention paid to the environment.

Now we are going to the other extreme.

It shouldn't come to that. □



## Production Credit Association office locations in North Carolina

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Asheboro  
Asheville  
Boone  
Burgaw  
Burnsville  
Carthage  
Cherryville  
Clinton  
Concord  
Dunn  
Edenton  
Elizabeth City  
Elizabethtown  
Ellerbe  
Fairmont  
Fayetteville  
Franklin  
Fuquay-Varina  
Goldsboro  
Graham  
Greensboro  
Greenville  
Henderson  
Hendersonville  
Hillsborough  
Jacksonville  
Kenansville  
Kinston  
Laurinburg  
Lenoir  
Liberty  
Lillington  
Louisburg  
Lumberton  
Marshall  
Monroe  
Murphy  
Nashville  
New Bern  
Newton  
Oxford  
Pilot Mountain  
Plymouth  
Raeford  
Raleigh  
Reidsville  
Rocky Mount  
Roxboro  
Rutherfordton  
Salisbury  
Sanford  
Shallotte  
Shelby  
Siler City  
Smithfield  
Statesville  
Swan Quarter  
Tarboro  
Wadesboro  
Warrenton  
Washington  
Waynesville  
Whiteville  
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Asheville  
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Burgaw  
Burnsville  
Carthage  
Clinton  
Concord  
Elizabeth City  
Elizabethtown  
Ellerbe  
Fayetteville  
Franklin  
Fuquay-Varina  
Goldsboro  
Graham  
Greensboro  
Greenville  
Henderson  
Hendersonville  
Hillsborough  
Jacksonville  
Jefferson  
Kenansville  
Kinston  
Lenoir  
Liberty  
Lillington  
Lincolnton  
Louisburg  
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Mocksville  
Monroe  
Murphy  
New Bern  
Oxford  
Pilot Mountain  
Plymouth  
Raleigh  
Reidsville  
Roxboro  
Rutherfordton  
Sanford  
Shallotte  
Shelby  
Siler City  
Smithfield  
Statesville  
Swan Quarter  
Tarboro  
Wadesboro  
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# Trends: Federal Spending Can Be Controlled

The bigness of the federal government and the amount of money required to finance that bigness remain one of the hardest problems that Congress must solve.

Before 1976, Congress had very little advance planning as to what should be spent for various federal programs. Members took the recommendations that were sent from the White House and either approved them, disapproved them or raised or lowered them.

But in 1975, Congress created its own Budget Committees in the Senate and in the House and started taking a look at the funds that would be available and how they should be allocated.

Since that time, it is too much to say that spending has been brought under real control, because federal outlays have increased \$173 billion since 1975, the year before the Budget Committees started functioning. Part of this was due to inflation and part to the trend toward bigness that has been going on in the government for several years.

However, there are some encouraging signs. Since 1976, Federal spending has been reduced from 22.5 percent of the Gross National Product to 22 percent, and while this doesn't sound like much, it actually represents a saving of \$10 billion. That's how much more would have been spent if the percentage hadn't been reduced.

## commentary

Another encouraging aspect is what is called the "uncontrollables" in the budget. These include such things as social security, cost of living pay raises and other items not subject to appropriation control in the current year.

From 1967 to 1975, the "uncontrollables" grew from 59 percent of the budget to 73 percent. This was an increase of uncontrolled items of 14 percent in just eight years and the trend, as a member of the Budget Committee said, was "well established and dangerous."

The percentage has not increased since 1976 and today remains at 73 percent, which is too high but is evidence that some sort of order is slowly being restored.

The Budget Committee is trying now to look ahead to the next five years and what they will bring in spending requests and demands. What it sees in its preliminary report is demand for more and more spending, without anticipated revenues to offset it.

As said earlier, there is nothing that justifies the belief that spending has been brought under control, and the budget for 1979 is the largest in the nation's history. But for the first time there is a glimmer of light, and indication that some progress is being made and that trends are being reversed.

—U.S. Senator Robert Morgan  
In his newsletter,  
*Report to the People*

## Inflation's Cause: U.S. Mint's Pre\$\$e\$

Stand by . . . the chances are excellent that we, the American people, are in for another "snow job" from Washington, D.C. This time the subject will be the declining value of the U.S. dollar.

You will probably be told that the U.S. trade deficit or the high volume of U.S. oil imports is the culprit. This lacks credibility as there are other industrial nations (Germany, Switzerland, and Japan) importing large volumes of oil and/or running sizable trade deficits and they have strong currencies.

Then what is the problem? I believe it is inflation.

Too much money is being printed by a government running massive budget deficits. As the world flood of U.S. dollars increases, the dollar value against other currencies declines; then U.S. goods and, particularly, food become attractive buys.

Increased foreign purchases will result in increased domestic prices — which demand higher wages, which demand higher prices, and so forth. The higher the inflated wages, the greater the tax bite (due to a higher tax bracket) and, thus, a reduction in real purchasing power.

Inflation results in a lower standard of living. So, don't blame the Arab oil — blame the U.S. printing pre\$\$e\$.

—R. R. Baxley  
In FCX Carolina Cooperator



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**BURN AWAY UP TO ANOTHER 30 — 40 — 50 POUNDS, OR EVEN MORE** thanks to this Doctor's fantastic calorie neutralizer wonder-weapon!

**URNS EVERY LAST BIT OF THE FOOD YOU EAT INTO BURNED-AWAY ENERGY INSTEAD OF STORED-UP FAT!**

Medical science has proven conclusively that in your body there exists a fat-burning system of natural chemical fat-destroyers so powerful, they are capable of **NEUTRALIZING THE EFFECT OF ALL THE CALORIES IN THE FOOD YOU EAT.** That once you discover how to unleash these fat-destroyer chemicals against clinging pockets of fat ... you can actually compel your body to **GROW SLIMMER, INSTEAD OF FATTER, AFTER EACH MEAL YOU EAT!**

**WORKS SO FAST — THE VERY FIRST WEEK ALONE YOU LOSE AN AVERAGE OF UP TO 1½ POUNDS OF BOTH FLUID AND FAT EVERY 24 HOURS!**

Now from one of America's leading obesity specialists comes a thrilling crash-burn way to slimmess ... that does away with all the torture of rigorous diet **ONCE AND FOR ALL — ends brutal exercise FOREVER!**

What this doctor has done is simply this: Found a surefire way or you to gently raise the level of your fat-burning metabolism ... step up the flow of your body's own natural fat-burners ... so that every time you eat ... your system automatically **NEUTRALIZES THE EFFECT OF ALL THE CALORIES IN THE FOOD YOU TAKE IN — AND YOUR BODY MELTS AWAY FAT LIKE HOT WATER MELTS DOWN ICE!**

Yes, with this doctor's thrilling **ANTI-CALORIE PROGRAM** and capsule, you "rev up" your inner furnace — you neutralize all the calories coming in — so not one ounce of the food you eat can possibly turn to fat

**ACTUALLY SHRINKS YOUR BODY'S FAT CELLS STARTING IN JUST HOURS!**

Yes, based on published reports from professors at leading medical schools ... PLUS experimental fat-burning studies on U.S. Army officers, West Point Cadets and independent research tests ... with the food you eat on this doctor's **CAPSULE PROGRAM** ... your body automatically neutralizes the effect of all the calories you take in — automatically forces pounds and inches to vanish so **FAST**, that before you hardly know it, you:

**LOSE UP TO 4 TO 6 INCHES OFF YOUR WAISTLINE**  
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**LOSE UP TO 3 INCHES OFF YOUR THIGHS**  
**LOSE UP TO 4 INCHES OFF YOUR BUTTOCKS**  
**LOSE UP TO 4 INCHES OFF YOUR STOMACH**

as you start to win the physique of a naturally skinny person those types who never seem to gain an ounce!

**YOUR TUMMY FEELS LIKE YOU FEASTED, BUT YOUR WAISTLINE LOOKS LIKE YOU FASTED!**

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**VITAL NOTICE:** Before starting this program, consult with your physician to be sure you are in normal health and your only problem is excess weight. Individuals with high blood pressure, heart disease, diabetes, or thyroid disease should use only as directed by a family physician and see if he doesn't agree that this Lifetime Road to Slimness including the few minutes of nightly toneup the doctor highly recommends is by far one of the most medically sound, fully sensible approaches to the problem of excess weight.



**BEST OF ALL — YOU STAY SLIM FOR GOOD! BECAUSE AT LONG LAST, YOU HAVE IN YOUR HANDS A LIFETIME WEAPON TO DEFEND YOURSELF AGAINST FAT BUILD-UP!**

Yes, when you arm yourself with this thrilling **ANTI-CALORIE CRASH-BURN PROGRAM** and doctor's capsule ... you actually fortify yourself with the only thing you'll ever need for **LIFETIME PROTECTION** against excessive fat build-up. That's because, medical science now offers you a proven way to neutralize all the calories in the food you eat — gently step up your metabolism ... stimulate and "target" your body's "fat-burner" chemicals to attack clinging pockets of fat, so you burn away excess flab meal to meal these 3 medically proven ways.

**ONE — BECAUSE YOU CONSTANTLY NEUTRALIZE THE EFFECT OF THE CALORIES IN THE FOOD YOU EAT, YOU BURN AWAY STORED-UP FAT AND CONTINUE TO GROW SLIMMER AND SLIMMER FROM MEAL TO MEAL!** Yes, when you launch yourself on this doctor's calorie-deficit crash-burn program you gently step up your inner furnace! So when food enters your body, instead of being stored as fat, it is **AUTOMATICALLY** converted to burned-away energy.

**TWO — YOU GRADUALLY ACCELERATE YOUR FAT-BURNING METABOLISM** by greater caloric burn-off than intake. Meaning ... your body, without you even feeling it, unleashes a steady surge of fat-burner chemicals directly into your system to attack stored-up fat ... automatically breaks down ... converts it into fluid ... that drains right out of your body!

Just like a furnace grows hotter and hotter the more you stoke it ... so your own body burns away fat faster and faster the more you step up your fat-burning metabolism.

**THREE — YOU COMPLETELY DEFEAT THE GREATEST SINGLE CAUSE OF FAT BUILD-UP,** runaway appetite and overeating. Because the moment you take this doctor's **CAPSULE**, ravenous hunger disappears. Gnawing appetite is switched off ... you lose your craving for food for hours at a time.

More significant ... when you do eat on this Doctor's **CRASH-LOSS** diet and **Lifetime-Slim** maintenance program, since your body completely **NEUTRALIZES THE FAT-BUILDING EFFECT OF ALL THE CALORIES IN THE FOOD YOU EAT**, excess fat simply cannot form ... stored-up body fat burned off and melted away by the hour — and you continue to grow slimmer instead of fatter after each meal you eat!

**DOCTOR ADVISES: USE THIS CRASH-BURN PROGRAM ONLY WHILE YOU'RE OVERWEIGHT ... OTHERWISE YOU MIGHT GROW TOO THIN!**

Of course, there is one thing you must keep in mind. You cannot use this **CAPSULE CRASH-BURN PROGRAM** indefinitely ... otherwise, you might become overly thin.

Also, as long as you are on this **ANTI-CALORIE** Program you cannot stuff and gorge yourself silly on over-rich, high-fat foods. There is a reasonable limit on just how fast medical science can help you safely burn away fat: **BUT —** and here's the very heart of this wondrous development: Because this thrilling **ANTI-CALORIE** concept not only helps you neutralize the effect of the calories in all the food you eat ... but **ALSO** puts gnawing appetite to sleep ... you simply lose that driving urge, that maddening craze to make fattening food the very center of your existence ... thanks to this medically proven formula that contains the most powerful reducing aid ever approved for release to the public by the United States Government!

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results you can see on your scale with your own very own eyes, the very first morning yes, you must.

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## Country Kitchen



### SWEET FREEZER PICKLES

Even if you're through with your pickling chores, you may want to go out to the garden and gather up more cucumbers just so you can try this recipe — it's one of the easiest ever!

Nothing is better on a hot summer's day than a cold, sweet pickle — but then, nothing is better year-round than the taste of homemade pickles. Try this recipe — you'll like 'em!

If you would like to share a recipe with this column, send it to: COUNTRY KITCHEN, P.O. Box 27306, Raleigh, NC 27611. We pay \$5 for published recipes.

### Country Kitchen Recipe Submitted by Jean Ellison of Todd

### SWEET FREEZER PICKLES

- 1 onion, sliced thin
- 2 qts. cucumbers, sliced thin
- 1 c. white vinegar
- 3 c. sugar

Let cucumbers and onions stand in 2 T. salt for 2 hours. Pack containers. Heat sugar and vinegar, just enough to melt sugar. Pour over pickles and freeze.



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# Camp Diet: Watermelon, Recreation, Seminars

White Lake is a good place to go fishing, swimming and picnicking. And for one week each summer, it's also a good place to learn about cooperatives, and how they work.

Just ask any of the 58 youngsters or 10 adult counsellors who spent July 23-28 there at the annual

**RIGHT—Dr. Bob Wells** of the economics and business faculty at North Carolina State University discusses principles of co-op operations at a Co-op Youth Camp session.



**BELOW—Youth Camp participants** gather around pipe-smoking North Carolina Agriculture Commissioner Jim Graham after he addressed the group.



Co-op Youth Camp held at the R. J. Peeler FFA Camp.

"It's an excellent opportunity for kids to get together and have fun and have a learning experience with it," said Charles Colvard, executive vice-president of the Cooperative Council of North Carolina. "It gives them a good background on cooperatives and business that can last them all their lives. For the co-ops, it's probably one of the least expensive ways they can give the youngsters this sort of information in this short a time."

Besides a steady diet of watermelon and recreation, the youngsters took in seminars, workshop learning sessions and heard from several speakers including Bryan Patrick, South Carolina commissioner of agriculture; Jim Graham, North Carolina commissioner of agriculture; Bill Clayton, an executive with the Columbia, S.C. Bank for Cooperatives and several others.

Camp leaders said the idea was to familiarize youngsters across the Carolinas with the fundamentals of starting and operating a cooperative organization.

Camp Director Jack Hayes, assistant vice-president of the Carolina Production Credit Association, Tarboro, termed the week-long session "quite successful."

In a learning exercise, the youngsters formed their own cooperative to distribute youth camp T-shirts. They invested a dollar each at the start of the camp, then just before leaving received dividends from the sale of 80 shirts.

In an evaluation, the participants gave the camp a high rating in all categories.

Youths attending the camp were sponsored by EMCs, FFA and FHA chapters, and the Agricultural Extension Service. To be accepted in the week-long program, participants must have demonstrated leadership potential. □

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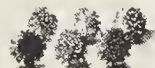
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## Books



By Frank Jeter, Jr.

*Man Of The Piedmont* by Ivey F. Grigg as told to Jessie Schnopp Grigg. Crabtree Press, Lenoir. 155 pages. Price unlisted.

This little hardcover book is a charming collection of stories, the kind the old folks used to tell around the fireplace in a hard winter, narrated against a background that includes some good factual history ranging from the Revolution (when the Piedmont Man helped battle Cornwallis) right on up to the coming of the telephone, which the Piedmont Man was very slow to trust. The authors have a unique relationship, in addition to their many years as husband and wife. (Mr. Grigg suffered a fatal cerebral hemorrhage just after reading the proofs that would make up this book.)

Their collaboration was a simple one: Ivey Grigg would tell the stories, Jessie would write them down. She also doubtless added much of the factual material included in these pages.

The numerous anecdotes contained here are at once homely and humorous. We see the youngster, caught "in swimming" against orders. When he was admonished to say "Get thee behind me, Satan," when tempted by the cool water, he is quick to reply: "I did — but he pushed me in."

We share experiences with farm folk making their first trip to Shelby (13 miles) or distant Charlotte (70 miles), taking the train in either case.

We share familiar superstitions: a dead snake hung in a tree will bring rain before sunset. A rabbit's foot hung around a baby's neck would mean easy teething. If you got "dropsy," you were under a witch's spell. The remedy: a counter-spell from another witch. But even back then you cured hiccoughs by such things as blowing into a bag, drinking a certain number of sips of water, holding your breath while counting to ten, or (the one I had not previously heard about) putting a cold housekey down your back.

I especially liked reading about the fellow who thought he was dining on roast raccoon, one of his favorite foods, and then finds out that the "fat little carcass" was actually his pet dog killed by a falling tree limb. □

Frank Jeter, Jr. is public information officer for USDA-Soil Conservation Service in North Carolina.



# Mailbox



I want you to know that I read your publication and like not only the editorials but also the articles and recipes, etc.

**Audrey Lineberger  
Durham**

Regarding "Clinch River: A Worthwhile Project" (August issue). The seventh paragraph states that breeder reactors offer "economical, clean, safe, electricity." No doubt the electricity is safe, clean, and economical. However, the method used to produce this electricity can be considered unsafe, environmentally unclean and possibly uneconomical:

**Unsafe**, because every industry has accidents. Germany, an early leader in nuclear power, has had 140 accidents since 1961. There have also been several nuclear accidents in the United States.

**Unclean**, because plutonium could kill our descendants 10,000 generations hence.

**Uneconomical**, because the present price doesn't include dismantling worn out plants and safely storing plutonium (if safe storage is possible).

Furthermore, if we started depending on nuclear power for electricity, and then an accident with heavy loss of human life occurred, public pressure would cause all nuclear plants to shut down, with severe economic consequences.

When at the end of a dead-end street, the most progressive step is to turn around and find other roads. I feel that we should turn from nuclear power and look toward solar energy and derivatives thereof (windpower, water power, and biomass conversion).

**David Goforth  
Rt. 1, Candor**

I have received the magazine *Carolina Country* for several years and have been impressed with the articles of and about people and places that I would not otherwise have found.

**Barbara C. Hodges  
New Bern**

In response to the *ad hominem* attack upon ourselves and the Fulks (Mailbox, July) may I bring to light the fact that neither the editorial written about our letter (Mailbox, April) nor the Brockhaus letter (Mailbox, July) dealt with the subject matter

presented. It is unfortunate that nuclear power proponents do not wish to deal with facts, be it Congressional hearings or scientific reports. It appears instead that such proponents would much rather deal with misinformed scare tactics involving the loss of creature comforts.

We challenge you to write an informative and intelligent article or letter dealing with the FACTS of nuclear energy and waste disposal and not the same diatribe of going to bed in the dark and not having enough food to eat. This type of ignorant appeal is not serving the interests of this subject or of our country's future. Any individual who wishes nuclear waste to run down their driveway regularly and often must not have too much respect for himself, life or his country.

Insofar as the trouble the Brockhaus family incurred with their solar system, we have personally known many individuals involved with solar energy and its practical application. We can assure you that when properly installed and maintained (especially in an area geographically predisposed to it) solar power can take care of most of your energy needs quite nicely without the use of conventional energy systems.

We hope that all letters written on the nuclear power issue inspire individuals to do private reading and research on the subject, thereby making a rational decision based on the facts.

**Steve and Nancy Turo  
Rt. 1, Todd**

I can sure relate to the unfortunate experience of Bette Brockhaus. We, too, have had water pouring out of defective plumbing parts of heating systems, no hot water and a lot of mess and expenses because of ruptured tanks, faulty elements and lack of power — except all of these mishaps have all occurred with ELECTRIC-powered appliances and systems. And even when our electric hot water heater is working correctly, it still cannot provide constant hot water after washing a full load of laundry, and three consecutive showers. And yet it was implied that this miracle should have been expected of a solar system, installed years ago, with no auxiliary back up system and only "glued together," as Bette stated herself. So this is sound reasoning to totally condemn solar applications and their further development and to conclude, as she put it, that "nuclear energy is the only way to go?"

As it appeared to me, the total gist of Bette's letter and reasoning was summed up in her one statement: "I could care less." Well, I do care — along with a lot of other responsible, concerned citizens. And I am taking it upon myself to speak for them when I say that we are opposed to any further construction of hazardous polluting nuclear facilities, and those already in operation should be stopped. The world would not stop, life would not cease. In fact, it then would have all the opportunities to become better. Then, safe, non-polluting energy sources would be forced into perfection out of necessity. Nuclear power is a risk, an unacceptable risk. I am also disgusted at articles in *Carolina Country* which are all pro-nuclear and written by persons on the nuclear and utility industry payroll. In my opinion, they are one sided, brainwashing propaganda which conveniently omit the pertinent facts of the controversy. In all fairness, you should also present the opinions of persons opposed to going the nuclear route, and the reasons why. Failure to do so will leave little difference between your publication and one from a Communist country. I'll write you some articles as to why I feel nuclear power is a threat to my well being and existence. I am not on your payroll!

I also found it interesting that the inside of the front cover of *Carolina Country's* July issue carried an ad promoting medical insurance called the "Rural Electric Cancer Plan" which is recommended and endorsed by the National Association of Rural Electric Cooperatives. I find this so ironic since I have been reading stories in the newspapers lately about how some scientists and persons in the medical fields are claiming that the cancer rates in populations living near and exposed to nuclear facilities and their radiation have increased dramatically in the past few years. Does NRECA feel that this has provided retribution on their part and constitutes moral justice?

In conclusion, at least one very serious problem of the nuclear industry has been solved, which is what to do with all of the tons and tons of toxic and lethal radioactive waste produced by the nukes. Bette Brockhaus has publicly offered the use of her driveway for it to all be dumped on. Of course, this would be unfair to others in her community, but still what poetic and righteous justice that would be. And besides, as she said, "I could care less."

**Linda Baziul  
Rt. 3, Yadkinville**



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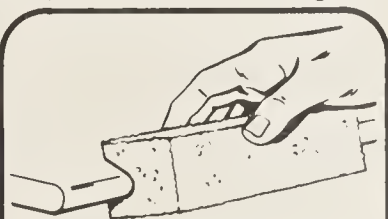
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I can see him coming now — rounding the corner by corn bins, with his rolling walk, overalls slapping against his legs, his old felt hat pulled down on his head, stuffed jacket pockets standing out on his sides and his big, worn, leathered hands carrying the biggest bouquet of dahlias you ever saw.

That's the way I remember Uncle Dan. It's always in the early fall, always this mental picture. Just why, I'm not sure. Maybe because this marks the season of his death and I go back to the setting of those last memories.

It's been almost three years now. My life has changed, and yet I'll never stand in my mother's den and look out toward the barns but what I'll remember and appreciate what I learned from his life.

In his last years he and Aunt "Auls" (as I call my Aunt Elsie) lived in a comfortable little white house nestled in the corner of the woods behind our house. There he spent much of his time "growing and giving". He loved *big* things — like himself. He was a big bulk of man — tall and heavy. As a matter of fact he had the figure of a Santa Claus and the face of a Walter Brennan — and most of the personality traits of both.

He'd go all over town looking for the biggest, shiniest, reddest apples. Then he'd bring them home and polish and shine until they were like rubies. Then he'd have Aunt Elsie wrap each one carefully in tissue paper and lovingly pack them away in a dark corner of their spare bedroom. When it was all completed, he'd begin giving them away — one or two at a time — only to those he thought really appreciated them.

I was the proud recipient of many an apple, especially during my college years. He'd walk up to the house on Sunday afternoons before I left for school with his pockets bulging. He'd take one

slowly from his pocket with an impish grin growing on his face and sparkling his eyes. "Ever see one so fine? Hen Town (his favorite expression) ain't that something?" And it always was. I never remember even one with a blemish or a bruise — they were perfect. I'd take them to the dorm and two or three of us would eat on one apple and then the wedges we sliced often lasted several days.

## UNCLE DAN

By Sue Brock Goodman

I loved the apples, but most of all I loved the flowers — dahlias — always dahlias. He pruned and fertilized and dusted and sprayed and complained that you just couldn't grow them any more; but they always made a brilliant rainbow in a row in his backyard in the fall. There would be yellow ones and white ones and red ones, but I always loved those glorious deep purple ones the best. He'd bring them carefully, holding them against his wide body to protect them from any wind that might ruffle a leaf or cause a single petal to shake. Aunt Elsie would wrap their stems in damp paper towels for the walk from their house to ours and then he saw to it that I put them in water the minute they passed from his hands to mine. I would carry them in the dorm and put them on the dresser and they lasted from Sunday night

Friday afternoon. They were a little bit of home that I took with me out into "the big, wide world" and they kept me going many a lonely night when I wanted to go back to the shelter of my protective home life. They were a part of the little things that kept me there and encouraged me to graduate.

It seems you never see large apples anymore. You buy the economy pack and look for a good buy and don't worry about what size the apples are. And I can't remember seeing a dahlia at all the fall. You can't buy them in the florist shop either — I checked. They say they're "not profitable to grow". I had wanted to take a rainbow bouquet to the place where Uncle Dan now rests, but I can't find them.

I worried about it for a while and then I realized that the best way I can give to him and his memory is to give to others. I think next year I'll grow some dahlias.

---

Sue Brock Goodman of Rt. 2, Mount Olive, is a former journalism teacher at Southern Wayne High School. She lives on a Wayne County farm with her husband, Jimmy, and her two young sons.

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*Black Gum, 2 to 3 ft.	.95 ea.
Jap. Red Leaf Maple, 1 ft.	2.95 ea.
Norway Maple, 1 to 2 ft.	.95 ea.
Golden Weeping Willow, 4 to 6 ft.	1.95 ea.
Amur Corktree, 1 to 2 ft.	.95 ea.

FRUIT TREES 1 or 2 Years Old	
<b>PEACHES</b> , Varieties: Belle of Ga., Elberta, J. H. Hale, Hale Haven, Dixie Red, Golden Jubilee, Blake. 1 to 2 ft. \$1.25 ea. 2 to 3 ft. \$1.95 ea. 4 to 6 ft. \$3.45 ea.	
<b>APPLES</b> , Varieties: Stayman Winesap, Red Delicious, Early Harvest, Red Rome Beauty, Red Jonathan, Lodi, Grimes Golden, Yellow Trans., Yellow Delicious, Early McIntosh. 2 to 3 ft. \$2.45 ea. 4 to 6 ft. \$3.85 ea.	
<b>CHERRIES</b> , Varieties: Montmorency, Black Tar- tarian, Early Richmond. 2 to 3 ft. \$3.95 ea.	
<b>PEARs</b> , Varieties: Kieffer, Orient, Bartlett. 2 to 3 ft. \$2.95 ea. 3 to 5 ft. \$3.95 ea.	
<b>APRICOTS</b> , Varieties: Moorpark, Early Golden. 1 to 2 ft. \$1.25 ea. 2 to 3 ft. \$1.95 ea. 4 to 6 ft. \$3.45 ea.	
<b>NECTARINE</b> 1 to 2 ft. \$1.25 ea. 2 to 3 ft. \$1.95 ea. 4 to 6 ft. \$3.45 ea.	
<b>PLUMs</b> , Varieties: Damson, Red June, Methley, Burbank. 1 to 2 ft. \$1.25 ea. 2 to 3 ft. \$1.95 ea. 4 to 6 ft. \$3.85 ea.	

DWARF FRUIT TREES 2 or 3 Years Old	
<b>DWARF PEACHES</b> , Varieties: Elberta, Red Haven, Belle of Ga., Golden Jubilee. 2 to 3 ft. \$3.95 ea. 4 to 5 ft. \$5.95 ea.	
<b>DWARF APPLES</b> , Varieties: Red Delicious, Yel- low Delicious, Winesap, Early McIntosh, Jona- than, Lodi, Yellow Trans. 2 to 3 ft. \$3.95 ea. 4 to 5 ft. \$5.95 ea.	
<b>DWARF CHERRIES</b> , Varieties: Montmorency or North Star. 2 to 3 ft. \$4.95 ea.	
<b>DWARF PEAR</b> , Varieties: Bartlett, or Kieffer. 2 to 3 ft. \$4.95 ea. 3 to 5 ft. \$5.95 ea.	
<b>DWARF PLUM</b> , Varieties: Burbank or Methley. 2 to 3 ft. \$3.95 ea.	

VINES 1 or 2 Years Old	
Red Scarlet Honeysuckle, 1 ft.	.75 ea.
Wisteria, Purple, 1/2 to 1 ft.	.95 ea.
Bittersweet, 1 ft.	.45 ea.
*Clematis, White, 1/2 to 1 ft.	.45 ea.
Grapes, Luttie or Niagara, 1/2 to 1 ft.	.95 ea.
Grapes, Concord or Fredonia, 1/2-1 ft.	.95 ea.
Grapes, Delaware or Catawba, 1/2-1 ft.	.95 ea.
Yellow Jasmine, 1/2 to 1 ft.	.95 ea.
*Vine Minor Clumps	.20 ea.
Halls Honeysuckle, 1 ft.	.45 ea.
English Ivy, 4 to 8 inches	.35 ea.
Eunonymus Coloratus, 1/2 to 1 ft.	.35 ea.
Ajuga Bronze Ground Cover, 1 yr.	.25 ea.
Virginia Creeper, 1/2 to 1 ft.	.35 ea.

NUT TREES 1 or 2 Years Old	
Hazel Nut, 3 to 5 ft.	\$3.95 ea.
Butternut, 3 to 4 ft.	.95 ea.
Chinese Chestnut, 3 to 5 ft.	2.45 ea.
Hardy Pecan Seedlings, 1 to 2 ft.	1.25 ea.
Stuart Pecan, Papershell, 2 ft.	4.95 ea.
Black Walnut, 1 to 2 ft.	.75 ea.
Black Walnut, 3 to 5 ft.	1.95 ea.
English Walnut, 2 to 3 ft.	6.95 ea.
Shell Bark Hickory, 1 to 2 ft.	1.45 ea.

EVERGREENS 1 or 2 Years Old	
*American Holly, 1/2 to 1 ft.	.45 ea.
*Rhododendron, 1/2 to 1 ft.	.95 ea.
Pittzer Juniper, 1/2 to 1 ft.	.85 ea.
Cherry Laurel, 1/2 to 1 ft.	.45 ea.
Nandina, 1/2 to 1 ft.	.85 ea.
Boxwood, 1/2 to 1 ft.	.55 ea.
Irish Juniper, 1/2 to 1 ft.	.95 ea.
Savin Juniper, 1/2 to 1 ft.	.95 ea.
Red Berry Pyracantha, 1/2 to 1 ft.	.95 ea.
Yellow Berry Pyracantha, 1/2 to 1 ft.	.95 ea.
Burfordi Holly, 1/2 to 1 ft.	.85 ea.
Owarf Burfordi Holly, 1/2 to 1 ft.	.85 ea.
Wax Leaf Ligustrum, 1/2 to 1 ft.	.45 ea.
Colorado Blue Spruce, 1/2 to 1 ft.	.65 ea.
*Mountain Laurel, 1/2 to 1 ft.	.45 ea.
*Canadian Hemlock, 1 to 2 ft.	.45 ea.
*Short Leaf Pine, 1 ft.	.65 ea.
Slash Pine, 1/2 to 1 ft.	.35 ea.
*Red Cedar, 1/2 to 1 ft.	.35 ea.
Hetzi Holly, 1/2 to 1 ft.	.65 ea.
Japanese Holly, 1/2 to 1 ft.	.65 ea.
Foster Holly, 1/2 to 1 ft.	.95 ea.
Helleri Holly, 1/2 to 1 ft.	.95 ea.
Chinese Holly, 1/2 to 1 ft.	.95 ea.
Andora Juniper, 1/2 to 1 ft.	.95 ea.
Jap. Yew, 1/2 to 1 ft.	.95 ea.
Baker Arborvitae, 1/2 to 1 ft.	.95 ea.
Globe Arborvitae, 1/2 to 1 ft.	.75 ea.
Gardenia, White, 1/2 to 1 ft.	.75 ea.
Camellia, Red, 1/2 to 1 ft.	.75 ea.
Norway Spruce, 1/2 to 1 ft.	.75 ea.
Eunonymus Manhattan, 1/2 to 1 ft.	.45 ea.
*White Pine, 1 ft.	.65 ea.
Austrian Pine, 1/2 to 1 ft.	.65 ea.
Mugho Pine, 3 to 5 inches	.65 ea.
Scotch Pine, 3 to 5 inches	.45 ea.
White Spruce, 1/2 to 1 ft.	.65 ea.
Hetzi Juniper, 1/2 to 1 ft.	.95 ea.

Sargent Juniper, 1/2 to 1 ft.	.95 ea.
Gray Carpet, Ground Cover, 3-5 inches	.95 ea.
Blue Rug, Ground Cover, 3-5 inches	.95 ea.

BERRY PLANTS, ETC. 1 or 2 Years Old	
Black Raspberry, 1/2 to 1 ft.	.65 ea.
Red Everbearing Raspberry, 1/2-1 ft.	.65 ea.
Oewberry, 1/2 to 1 ft.	.65 ea.
Boysenberry, 1/2 to 1 ft.	.65 ea.
Blackberry, 1/2 to 1 ft.	.65 ea.
Gooseberry, 2 yr., 1 ft.	1.50 ea.
Figs, 1 to 2 ft.	1.95 ea.

BULBS AND PERENNIALS 1 or 2 Years Old	
4 Pampas Grass, White Plumes	\$1.95
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10 Cannas, Red, Pink or Yellow	1.95
10 Iris, Blue, or Purple	1.95
*10 Day Lilies, Roots, Orange Flowers	1.95
50 Gladiolus, Mixed Colors	3.95
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*10 Yucca, Candle of Heaven	1.95
2 Peonies, Red, Pink, or White	2.95
10 Mums, Red or Yellow	1.95
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4 Dahlias, Purple or Yellow	1.95

BERRIES, FRUITS, AND HEDGE 1 or 2 Years Old	
10 Rhubarb, 1 yr. roots	\$1.95
10 Asparagus, 1 yr. roots	1.25
25 Strawberry, Blakemore or Tenn. Beauty	2.50
25 Gam Everbearing Strawberry	2.50
50 South Privet, 1 to 2 ft.	5.95
25 North Privet, 1 to 2 ft.	5.95
25 California Privet, 1 to 2 ft.	5.95
25 Multiflora Rose, 1 to 2 ft.	5.95

NATIVE WILD FLOWERS 1 or 2 Years Old Collected from the mountains.	
*6 Lady's Slipper, Pink	\$1.95
*8 Dutchman Breeches, White	1.95
*6 Jack-in-Pulpit, Purple	1.95
*10 Hardy Garden Violets, Blue	1.95
*6 Partridge Berry	1.95
*10 Bird Foot Violet, Blue	1.95
*10 Trilliums, Mixed Colors	1.95
*10 Blue Bells	1.95
*10 Maiden Hair Fern	1.95
*10 Hayscented Ferns	1.95
*10 Christmas Ferns	1.95
*10 Cinnamon Ferns	1.95
*4 Royal Fern	1.95
*10 Hepatic, Mixed Colors	1.95
*10 Sweet Williams, Pink	1.95
*10 Golden Seal, White	1.95
*10 Cardinal Flowers, Red	1.95

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A fully staffed medical clinic is something special in a small mountain town where the potholes outnumber the people.

And the 500 residents of Bakersville don't need to be reminded. They realize it everytime somebody needs a doctor fast — or often.

"Our community is really enthused about our clinic," Mayor David Buckner said. "You just have to come and see it to believe it — the number of people they see in a day."

It wasn't that way five years ago. The town's only doctor had just

starting their own clinic — The Bakersville Community Medical Clinic. Now they can claim doctors.....and more.

"The clinic has plugged a gap in health care that we've always had," the mayor said. "It means a whole lot to the town. We're proud of it."

The townspeople's attitude toward their clinic was never more evident than during the last few months when they raised more than \$10,000 to help pay for a \$50,000 renovation and expansion. The Appalachian Regional Commission (ARC) is expected to furnish the rest through a \$40,000 grant.

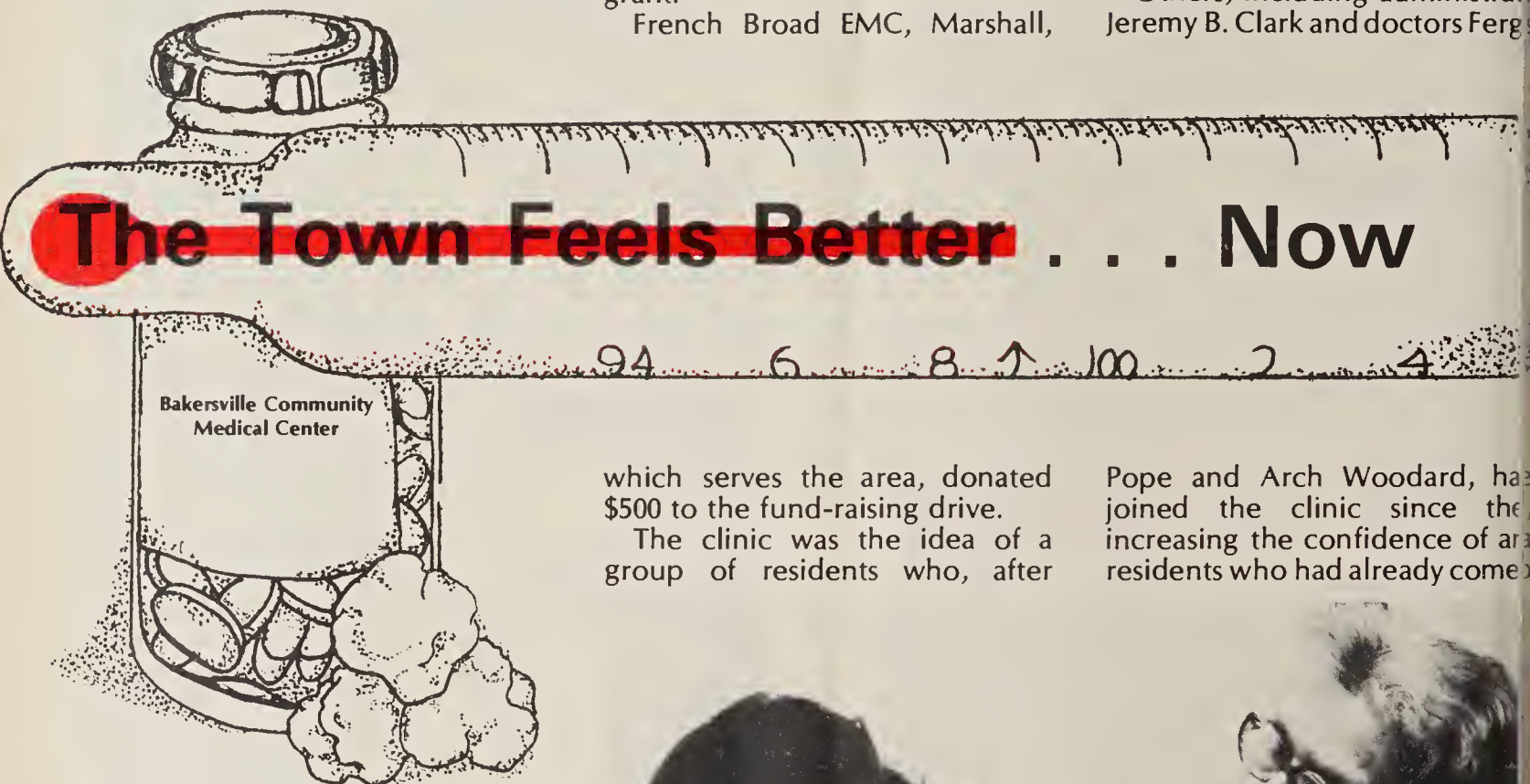
French Broad EMC, Marshall,

failing to lure a doctor, formed non-profit corporation to launch the medical operation. They turned it over to Olive Wise, family nurse-practitioner, when opened in November, 1974 after more than a year of planning and preliminary work.

She had a staff of two, a licensed practical nurse and a secretary. Six months later, Dr. Jerry Cade of California came along.

Cade, 31, learned of the area's need during summers spent in the mountains as coordinator of the Appalachian Student Project of the Student American Medical Association.

Others, including administrator Jeremy B. Clark and doctors Ferg



moved away, and no one was willing to move in permanently to replace him. The whole town felt crippled. It worked a hardship on many people, especially the elderly.

For some of the time, a quick trip to the doctor was out. Getting medical attention meant a trip to Spruce Pine, a 12-mile drive. Many had to drive the 35 miles to the hospital at Johnson City, Tenn. Seeing a doctor took time and trouble.

But now townspeople boast of having health care as good as just about anybody. They did it by

which serves the area, donated \$500 to the fund-raising drive.

The clinic was the idea of a group of residents who, after

Pope and Arch Woodard, had joined the clinic since they were increasing the confidence of area residents who had already come



Olive Wise checks a patient.



expect top-flight health care from the facility.

Mayor Buckner said the cost is lower and the care better than at any other medical facility he's seen.

**"The clinic has plugged a gap in health care that we've always had. It means a whole lot to the town. We're proud of it."**

When it first opened, the clinic depended on grants from state and federal agencies and contributions from private foundations and individuals to stay open. With help from the ARC, it doubled its space last year by buying and renovating a building on Main Street. The upcoming expansion will provide x-ray and emergency facilities and equipment, provide extra off-street parking and renovate some office space. Work should begin soon, Clark said.

The clinic got a giant boost last November when it was handed a \$280,000 development grant from the Robert Wood Johnson Foundation which supports several rural health clinics across the country as part of the Rural Practice Project.

The clinic is the first in North Carolina to get help from the program, which had already given funds to support clinics in Vermont, New York, South Carolina, Kentucky, Indiana, Minnesota, Utah, Montana and Oregon.

**The townspeople's attitude toward their clinic was never more evident than during the last few months when they raised more than \$10,000 to help pay for a \$50,000 renovation and expansion.**

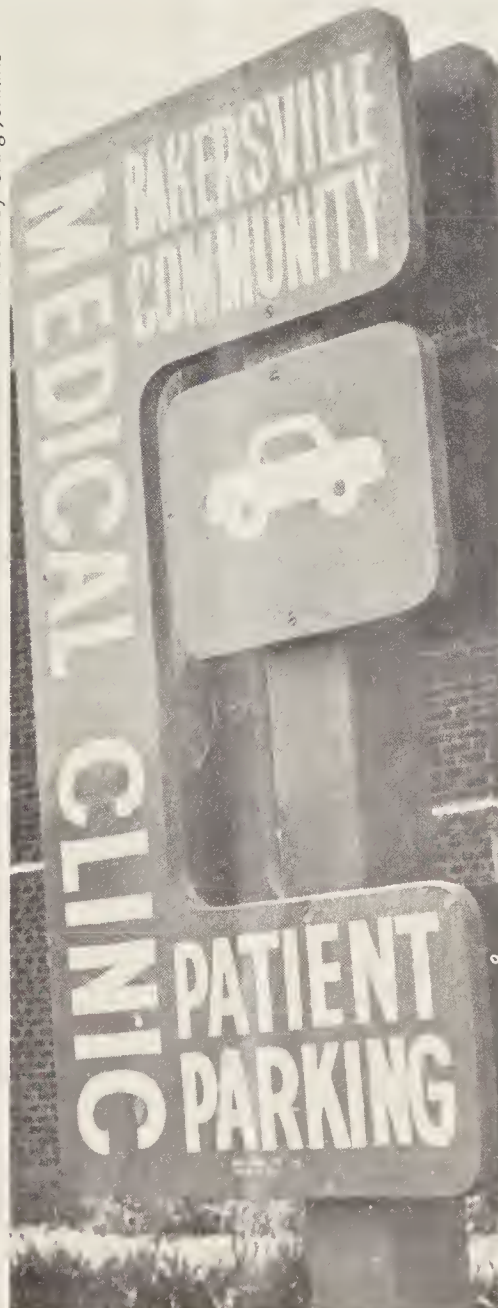
Administered by the University of North Carolina at Chapel Hill, the Project was established in 1974

to "identify individuals with talent, commitment, energy and ideas, then to assist them in establishing community-oriented medical practices which might stand as innovative national models," said Project Director Dr. Donald Madison. "The Rural Practice Project is interested in developing model practices that can serve as examples for other physicians wanting to begin a practice in a rural area."

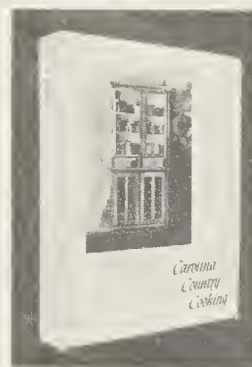
Everyone agrees that Bakersville clinic is doing the job. Clark said it may even be self-supporting in a few years — without having to charge high fees.

One thing is for sure — the townspeople and thousands more throughout Mitchell and Yancey Counties are mighty glad it's there. —Kemp Ward □

Photos by Craig Jenkins



## Carolina Country Cooking



### Tar Heel Cooks Applaud New Recipe Collection

*Carolina Country Cooking* came off the presses almost a year ago to strike a responsive chord with good cooks across North Carolina. Many who ordered copies as Christmas gifts turned right around and wrote us for copies of their own! One lady ordered a second copy after a friend insisted on buying her first! Another called it "a beautiful piece of work."

But, it was the comment of one man who received the book as a gift that might have summed up the most common reaction to *Carolina Country Cooking*: "It's just set my mouth to watering!"

The 150-page cookbook, with 10 thumb-indexed sections, includes recipes submitted by readers of *Carolina Country*. It's bound in a sturdy, plastic notebook binder featuring a full color cover reproduction of "Ella's Cupboard," an original painting by Lexington artist Bob Timberlake.

#### ***Ideal Christmas Gift!***

Please send me \_\_\_\_\_ copies of *Carolina Country Cooking* at \$5.95 each (handling and tax included). Enclosed is my check or money order for \$ \_\_\_\_\_. Make all checks or money order payable to *Carolina Country Cooking* and send, **with this order form**, to CAROLINA COUNTRY COOKING, P.O. BOX 27306, Raleigh, N.C. 27611.

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## History Museum Sets Exhibit On State's "Black Presence"

Black North Carolinians — their music, their culture, their skills and talents, and their accomplishments — are the subjects of a new exhibit opening Sept. 30 at the N.C. Museum of History.

"The Black Presence in North Carolina," is a major comprehensive exhibit designed to interpret the contributions of blacks to the heritage of North Carolina, to demonstrate the variety and richness of the black community, and to introduce a number of black personalities significant to the state's history.

The year-long show, funded by the National Endowment for the Humanities, will trace the chronological progress of black North Carolinians from their African origins through the antebellum and Civil War years, and Reconstruction until about the turn of the century.

Three sections will depict the African origins, the Middle Passage era and the pre-Revolutionary years in the exhibit. A typical slave cabin will be the focal point depicting the time before the Revolution, when most blacks were slaves.

Visitors may see the results of the post Revolutionary trend toward leniency when both free blacks and slaves enjoyed many privileges and were engaged in about as many different trades and crafts as whites.

One of the most important parts of the new exhibit will be the audio background music by amateur black musicians. The music, recently recorded and mostly original, will represent the various chronological periods depicted. It will be available for purchase in a LP album, the first album ever funded by NEH.

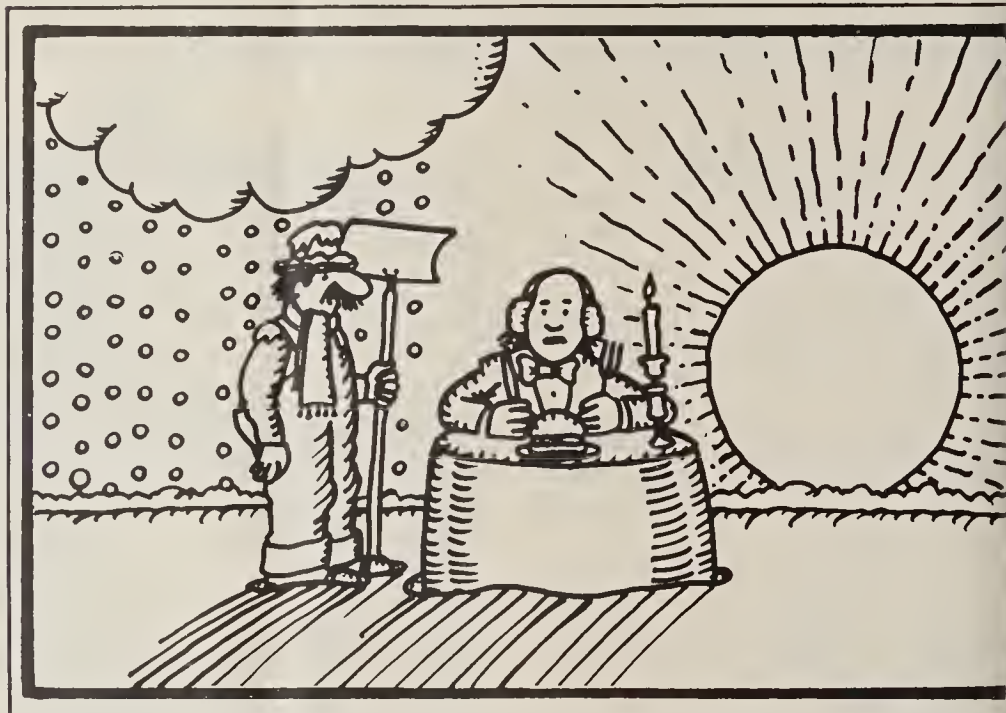
The N.C. Museum of History, an agency of the Department of Cultural Resources, will continue "The Black Presence in North Carolina" through fall, 1979. The exhibit will be on view during regular hours, 9 a.m.—5 p.m., Tuesdays through Saturdays; 1—6 p.m., Sundays, at 109 E. Jones St., Raleigh, 27611. □

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(Also available at your local EMC office)





# Seminars Slated

## Offer Update On Wood, Solar Heating

Builders and do-it-yourself homeowners across the state will have an opportunity Sept. 26-28 to take a crash course on solar heating and wood heating, including the latest techniques, equipment and costs.

The instructional seminar, "Wood And Solar As Home Energy Sources," will be held Sept. 26 at the McKimmon Center in Raleigh, Sept. 27 at the Forsyth County Agricultural Extension Building in Winston-Salem and Sept. 28 at the Buncombe County Agricultural Extension Building in Asheville. Registration for the 10-hour session is \$5 per person. It is being handled by the Agricultural Extension office in each city.

The program is being sponsored by the Agricultural and Industrial Extension Services of North Carolina State University with assistance from the North Carolina Department of Commerce's Energy Division and the North Carolina Solar Industries Association.

"I think they're going to be well attended," said David R. Burnett, Buncombe County extension chairman. "I know there's a lot of interest."

Participants will get information on the performance and cost of presently available solar water and home heating techniques and devices, along with tips on constructing and buying the right equipment. The one-day seminars will also cover wood as an energy source, including facts on the performance of various types of wood stoves and fireplaces as well as information on applicable codes and safety precautions.

Home conservation tips and the resulting savings will also be discussed. Burnett said the seminars will help "clear the air" on solar and wood heating claims made by some manufacturers, furnishing participants with the latest up-to-date information available.

"I think we have an obligation to let the people know what is fact," Burnett said.

In addition to the information, the seminars also boast an array of exhibits.

## Service Matches Dentists and Towns

North Carolina communities looking for dentists and vice versa can find one another through a new service operated by N.C. Dental Society.

It is the N.C. Dental Placement Service, one of three such programs in the United States, which was organized earlier this year by the School of Dentistry and the Health Services Research Center at the University of North Carolina at Chapel Hill and the dental society. Besides matching dentists and towns, the service can help dentists locate new partners hygienists, assistants and non-clinical personnel.

Communities, dentists and other dental health professionals seeking the service fill out forms specifying their needs. The information is fed through a computer that matches up cards of those with mutual needs. The service costs \$35.

Thus far, no computer matches have resulted in any marriages of dentists and communities, said Dr. Charles Milone, UNC-CH associate professor of dental ecology, who played a major role in organizing the service. He said this is because it takes time for dentists to decide where they'll practice and because most communities around the state probably are not aware of the service. The service has received about 60 applications.

Since the \$35 user fee at first will not cover the cost of the service, which uses costly computer time, he said, the N.C. Dental Society and the Dental Foundation of North Carolina, Inc. are making up the difference.

Not only will the service help communities and dentists find one another, Milone said, but it will also serve as a useful tool for dentists who want to provide more care for their communities by expanding their practices.

Communities or dental health professionals interested in the placement service may write for details to the N.C. Dental Society, 2414 Wycliff Road, Raleigh, NC 27607.

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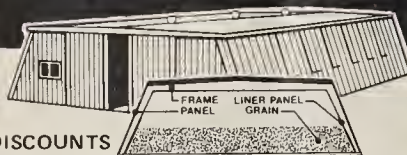


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# Poet's Corner

*This poem is a stark but true  
statement on man's free will  
choosing the path his life will take*

## Life's Game

we choose  
win or lose

the name  
the game

the reason  
the season

the rules  
the tools

goal line  
quittin' time

the speed  
to heed

the brakes  
to take

the spot  
the shot

win or lose  
we choose

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# TULIP BULBS

4¢  
EACH

(MIN. 50  
FOR \$2.00)

100 for \$3.50 - 200 for \$6

We Guarantee Fast Service  
Complete Satisfaction ... Or Money B

Tulips burst into bloom in all their graceful splendor and brilliant color in spring ... but they must be planted in fall! This fantastically low-priced offer features heady hardy planting stock bulbs (2¼-3" circ.), 50 for only \$3.50, 100 for \$3.50, or order 200 for \$6.50 and really save! Beautiful flaming mix assortment of reds, whites, yellows, two to three pinks and dark shades ... guaranteed to please. Send to us. We will rush your order in plenty of time for you to get your planting selections in the ground.

Bloom Year After Year ... Without Replanting

Tulips are so popular, of course, because they bloom year after year without replanting, no need to take them up. Given proper care and with normal growing conditions, these bulbs will develop into larger size bulbs the first year's planting. We guarantee, in fact, we guarantee many blooms next spring, normal bloom the second season and at least 5 additional years or replacement is free. Planting instructions included. Clip and mail coupon today.

FREE  
OF EXTRA COST  
6 GRAPE  
HYACINTHS

if order rec'd by  
Nov. 1. Beautiful dainty  
blue blooms, 6-7 cm.

## LOW PRICED FALL PLANTING BARGAINS!



TULIPS  
(own  
sus)  
1.50



CROCUS  
Imported Holland  
18 for \$1.50



TRAILING  
GARDENIA  
Complete with  
hanging basket  
\$2.98



CUSHION MUMS  
Hardy root  
division  
perennials,  
ass't colors  
10 for \$1.98



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X  
an  
brown  
1.50



ORIENTAL  
POPPIES  
Nursery Grown  
From Seed  
6 for \$1.95



DUTCH  
HYACINTHS  
Imported  
Holland (avg.  
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pastel colors  
4 for \$1.95

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Each item we ship is exactly as advertised, vigorous and healthy, tagged for easy identification, well packed for arrival in good condition. If not satisfied on arrival, you may return within 15 days for full refund. Any plant that doesn't flourish and thrive, we will replace it free. Planting Guide included with every order. Clip coupon and mail today!

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Michigan Bulb Co., Dept. TM-158  
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Please send order as checked below. Include all FREE bonus items to which I am entitled, as stated on coupon. All items are covered by your No Fault Guarantee.

HOW MANY	CAT. NO.	ITEM	
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	124	Crocus (18 for \$1.50 - 36 for \$2.95)	
	114	Daffodils (10 for \$1.50 - 20 for \$2.95)	
	204	Creeping Phlox (6 for \$1.50 - 12 for \$2.95)	
	212	Oriental Poppies (6 for \$1.95 - 12 for \$3.75)	
	200	Cushion Mums (10 for \$1.98 - 20 for \$3.85)	
	501	Trailing Gardenia w/ basket, \$2.98 (2 for \$5.75)	
	119	Dutch Hyacinths (4 for \$1.95 - 8 for \$3.85)	
6	FREE	Grape Hyacinths if order received by Nov. 1	
6	FREE	Star of Bethlehem if order totals \$5.00	
6	FREE	Pink Debut Bulbs (plus 6 Star of Bethlehem), if order totals \$8.50	
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☐ American Express ☐ BankAmericard (Visa)  
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